

In Step on Channel 2

6:30 a.m. In Step
8 a.m. In Step
Noon In Step
6 p.m. In Step
10 p.m. In Step

Fort Riley Community



June 20, 2003

America's Warfighting Center

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Supply problem worked by DeCA

DeCA Release

Throughout the Defense Commissary Agency's Midwest Region, stores are being impacted by a major distributor filing for bankruptcy under Chapter 11.

Since 'Fleming Companies' Chapter 11 declaration in April, commissaries have experienced supply shortages, with Fleming being unable to fill all of its grocery orders. Consequently, some items have been missing from store shelves or are displayed in low numbers.

"We certainly realize this has caused a problem for our valued shoppers, but DeCA is working very hard to resolve the issue," said Wanda A. Dotson, store director, Fort Riley Commissary.

Some products are already coming in at Fort Riley and companies are already taking the initiative to get their products to commissaries, Dotson said. "Customers should see a difference very soon."

DeCA is working with business partners to find replacement distributors. Furthermore, where possible, manufacturers are delivering goods directly to commissaries.

Additionally, DeCA's Midwest Region has implemented several key initiatives, such as coordinating with manufacturers on minimum shipment quantities.

With these steps, commissaries are seeing fill-rate improvements. DeCA officials hope inventories will return to normal by the end of the month.

If you have questions or concerns about the shortage of products at the Fort Riley Commissary, call Dotson, 239-3627.

Fort Riley kids tumble into summer

By Jamie Bender
Staff writer

"Did you concentrate on what you were doing? Focus on what you are doing before you go upside down," said Babette Ingall, instructor for the summer tumbling camp at Fort Riley.

The summer tumbling camp began Monday at the Fort Riley Teen Center. While tumbling has several benefits, learning muscle coordination is one of the biggest, said Ingall.

"A lot of kids have muscles and don't know how to use them," she explained. "When they go to a gymnastics or tumbling class, they end up learning a lot of coordination skills."

The students also learn about their own muscles and how they work. "If I had to teach them a certain skill that had to do with their tummy being tight, they would know how to do that because we stretch first and learn different positions," said Ingall. "For instance, a hollow rock is a position that takes the arch out of the back and tightens up the tummy muscles."

Stretches and positions like the hollow rock are building blocks to bigger gymnastic moves. "In some skills that they learn as they advance, such as a layout, [the hollow rock] is the position they need to be in while they are in the air," she said. "The forward rolls turn into front tucks and backward rolls into back tucks."

Ingall also began tumbling and gymnastics as a youngster. "I began in third grade myself," she said. "When I came back to it later, my coach trained me how to coach and help out."

The tumbling summer camp has benefits for Ingall as well as the students.

"The best part is watching the progression, and loving it," she said. "I get just as excited as they do when they accomplish something. Some come in with no confidence, and I like to see them walk away with a smile and look forward to coming back."



Babette Ingall helps a tumbling summer camp student find the right position for a forward roll.



Jessica Baysa practices walking on her toes on a foam balance beam during the tumbling summer camp on Fort Riley.

Vacation Bible School brings children together for learning, fun

By Ryan D. Wood
Staff Writer

Where can you find people getting swallowed by whales, stories of fires from the heavens and children dancing and singing in the aisles? All this and more was found at the Fort Riley Vacation Bible School June 9-13 at Morris Hill Chapel.

"Military life is tough on the family. Programs like VBS not only give parents a much needed break from childcare responsibilities, but it also helps remind children and adults alike who they can trust when the going gets rough," said Don Ericson, director of religious education.

The theme for this year's Vacation Bible School is S.C.U.B.A., which stands for Super Cool Undersea Bible Adventure. Using underwater characters such as a flying fish called Ace, a whale called Squirt, a Turtle named Tank and several others, children are introduced to important Bible concepts, said Ericson.

Children attending the class ranged in age from preschoolers to 10 years old. During the five-day program, children participated in several daily classes designed to reinforce lessons from the Bible and teach the "five points of the Bible."

"The five points we are covering this week are: Believe in God, Obey God, Trust God, Love God and Share God's

Love. The children rotate through five different stations with emphasis in the different Bible points for the day."

Keeping children interested and excited about the program is an important goal for organizers.

"The kids stay interested because of the energizing music, captivating drama, fun games, interesting snacks and cool crafts," said Ericson. "VBS is fast paced fun with such a great message that no one has time to get bored."

The program required a massive volunteer effort to achieve success. More than 100 volunteers were on hand to help with teaching classes, mentoring children and being group leaders.

"We have middle school and high school students working with the drama

portion of the program as well working directly with about 200 children. We have numerous adults overseeing the students and children, as well as working the different stations. We also have several soldiers helping with the physical setup, maintenance and clean up after the program," said Ericson. "It takes a lot of hard work by a number of dedicated people to pull off an event of this size and complexity."

The volunteers enjoyed their time with the VBS and especially the chance to work with more than 200 children that were in attendance.

"It's fun to hang out with the little kids," said C.J. Nordstrom, a youth volunteer for the week. "They get a better understanding of different things about

God and the people God helped, and I get fun."

"Everyone is busy this time of year and it is a challenge to find enough good help to put on a quality VBS. I greatly appreciate and am very proud of our great volunteer team. The success of this VBS goes to the entire team," said Ericson.

Even though VBS is over, the program is slated to continue into the summer and into the next school year.

"I am planning on a 'Back to S.C.U.B.A.' event when school starts and I am working on a weekly children's program that will continue to help the children to grow confident in their faith," said Ericson.

Post-wide graduation ceremony honors students' accomplishments

By Ryan D. Wood
Staff Writer

Soldiers and civilians gathered June 12 to celebrate the graduation of 234 students from five different schools associated with Fort Riley higher education programs.

Eleven masters degrees were awarded at the ceremony, along with eighty bachelors degrees and 142 associates degrees in varying fields.

"It is a special day in that the folks sitting before us represent excellence," said Col. John A. Simpson Jr., chief of staff and garrison commander. "These men and women have taken it upon themselves to better themselves by taking the initiative to complete their college educations."

The journey for many of the students was particularly challenging due to being active duty military or one of many other non-traditional students trying to

achieve degrees and work or manage a family at the same time.

"The hardest part was the format. I went to class on Friday and Saturday nights, so that took some getting used to," said Georgette Cleo Garlick, a civilian employee relations specialist on post. "It really cuts into your personal life and messes up your personal schedule."

Simpson agreed that working and going to school could be difficult.

"I know it was hard, because several years ago I did the same thing," he said.

Even with the difficult times, students saw value and accomplishment in what they had done.

"I'm excited. I'm hoping that it is going to bring me greater opportunities in my career. And, it's also personal fulfillment. I'm just very excited," said Garlick.

Along with the challenges, Garlick saw the non-traditional setting as an opportunity.

"The best part was that it allowed me to work full-time and accomplish getting a masters at the same time. It was a smaller classroom environment and professors weren't all from Central Michigan. They had a wide variety of backgrounds, so it made for a more interesting classroom setting," she said.



Col. John A. Simpson Jr., chief of staff and garrison commander, presents a master's degree to Georgette Cleo Garlick, civilian employee relations specialist, as part of the post-wide graduation ceremony June 12.

For many students, this is only the first step to even greater educational goals. Many of the new graduates will take their new degrees and move on to bachelors or masters programs.

"I have applied to Upper Iowa in the masters program," said Staff Sgt. Christal Hill, personnel services specialist, Headquarters and Headquarters Company, 24th Infantry Division. She was awarded a bachelors degree during the ceremony.

"I'm going to get a master's degree in human resource management. Hopefully, when I get out, I will be able to get a job with the military in personnel," she said.

With the war in Iraq keeping several graduating soldiers away from the ceremony because of deployment, Veldon L. Law, Ed. D., president, Barton Community

College, dedicated the ceremony to those that have served the country and those that still served today.

"As we go through this process of graduation, we celebrate our collective success. I want to suggest that we do so with a degree of reverence and honor for the lives lost and the wounded that were earned in the service of their country," said Law.

Honoring the students for all that they had done, Simpson spoke of what the graduates had accomplished and what is in store for the future.

"I appreciate what you all have done," Simpson said. "You are the future of this Army and this great nation. We know who you are. You are our best and our brightest. We look to you to help bring us into the future."

Kansas City's Union Station offers much more than train rides

By Dan Murphy
129th MPAD

Union Station began as a train station — today it has grown into a beehive of activity.

Built in 1914, the unified depot, or "Union Station," was the merge station for the railroads in Kansas City, Mo. A merge station is the location where all the trains come to one point to load and unload passengers and switch tracks. The station consisted of 900 rooms and 10 levels, taking up 850,000 square feet of space.

Today, Union Station is the second busiest railroad station in America, with over 180 trains passing each day. However, the train station is only part of what Union Station has to offer, said Sarah Biles, public relations specialist for Union Station.

Beginning in 1997, restoration work started with the cleaning of Union Station, which had been

closed since 1983. The closure was due in large part to slowing traffic on the railways. After the restoration, Union Station celebrated the grand re-opening on Nov. 10, 1999.

Union Station now features a science center called Science City, national traveling exhibits, the region's only 3D movie theater and is home to two of Kansas City's most unique water fountains, as well as many unique shops and restaurants.

A dancing water fountain, the Bloch Fountain, is located in front of the station and features a synchronized display of water starting every hour on the hour. Guests can also enjoy the Science City Fountain, which is located outside the entrance to Science City. The water shuts off when visitors walk through its water columns that shoot up, not down.

Union Station also has a theater district. Get involved in a movie;

don't just watch it, on the City Extreme Screen Iwerks, Union Station's large screen. The giant theater features a five-story 75-foot wide giant screen. The theater can hold 440 people and dif-

ferent movies are shown throughout the year.

Call (816) 460-2020 or visit www.unionstation.org for show times and to purchase tickets.

You can sit back and enjoy a

variety of performances through live theater and nighttime entertainment in Union Station's domed planetarium, where visitors can see the "stars" and a live stage theater. Performances are held during the week and weekend.

Union Station's Science City is where science and fun all come together. You can walk through a blood vessel, design a car, launch rockets, identify animals, make a storm cloud, dig up dinosaur bone, publish a newspaper, be a TV weather personality or a news anchor, ride a bike 30 feet in the air and so much more.

"You can expect to spend four hours here," said John Seevers, operations manager for Science City. "I see adults taking kids to different areas each time they experience Science City. They come back to do more another day."

You can take your time and

look around, touch and feel things, experience and enjoy the exhibits. Spend time in the tree house and make sure not to miss the severe thunderstorm. Do you know what astronauts eat? You can find out at Science City!

"There are many changes coming this fall. You will love the changes," said Seevers.

He also mentioned that every time you visit Science City, expect to see new traveling exhibits and changes to existing exhibits, making it a new experience every time.

"This is a great opportunity for kids and parents to work together," said Biles.

There is so much to do while visiting Union Station, and Information, Ticketing and Registration on post offers discounted tickets and can help you plan your visit to Union Station.

Call 239-5614 for more information.



A visitor to Science City in Union Station rides the "Pop Wee!e's Bike" high above ground.

Don't be tempted to leave your child alone

By Deborah Anderson
Deputy Provost Marshal

As the weather warms and school has let out for the summer, it is natural that families move their activities outdoors. Children, in particular, enjoy spending time at the playgrounds and in the yards of friends. However, Fort Riley has rules regarding the supervision of children, both inside and out. Fort Riley Regulation 190-19 states that "School age children (kindergarten - 5th grade) must be closely monitored (within sight and/or sound) by a parent or responsible party both in housing and public areas, e.g., shopping areas, playgrounds, parking lots, etc. Children not old enough to attend kindergarten must have an adult or designated

childcare provider (12 or older) with them at all times while outside." The Military Police desk has received numerous calls from concerned neighbors reporting that unattended children are on the playgrounds, in neighbors' yards or even in the streets. It is parent's responsibility to ensure that children are properly supervised in accordance with the requirements on Fort Riley.

There have also been an increased number of children left unattended in vehicles. According to Kansas Law, it is unlawful for any person to leave a child under the age of 10 unattended in a motor vehicle. "Unattended" means that the person is outside the motor vehicle and is unable to continuously observe the child. If this type of violation is found on Fort Riley, the Military Police will

cite the supervising adult with child endangerment.

As tempting as it may be to run a quick errand, leaving children unattended inside a vehicle, "even for a minute," can be dangerous. When left unattended, children may be able to start the vehicle or put the vehicle in neutral. In addition, heat build-up in the summer inside a vehicle can quickly become fatal to children. Convenient, yes, but children should not be sacrificed for "convenience."

Is your child's safety and well being worth saving a minute or two? To save children from these preventable deaths and injuries, it takes both education and parental and caregiver diligence.

Fort Riley Regulation 190-19 is punitive. If the violator is a servicemember, he or she can be subject to Uniform Code of Military

Justice proceedings for an Article 92 violation. If the violator is a civilian, he or she is subject to Magistrate Court proceedings.

Kansas Statute Authority 21-3608 which states, "endangering a child is intentionally and unreasonably causing or permitting a child under the age of 18 years to be placed in a situation in which the child's life, body or health may be injured or endangered."

Everyone should review the installation policies regarding supervision of children.

Have a safe and enjoyable summer with children and keep them out of harm's way by following the policies and regulations on Fort Riley. No one needs a tragic accident because a child is not properly supervised.

Soldier Show coming to Manhattan

By Kim Levine
Staff Writer

The U.S. Army Soldier Show is coming to Fort Riley for two shows in July. The cast will perform at McCain Auditorium, Kansas State University, July 5th at 2 and 7:30 p.m.

The Soldier Show is a fast-paced musical medley featuring soldiers performing a variety of music styles.

This year's show is family-friendly, with music ranging from current pop hits to patriotic, country to rhythm and blues and contemporary Latin to nostalgic rock and roll. It pays special tribute to Irving Berlin, the "founding father" of today's Army Entertainment program and creator and director of the first Soldier Show.

The crew and 17-member cast are made up of active duty, National Guard and Reserve Component soldiers from 11 states, Japan, Korea and Germany. They vary in rank from private first class to 1st lieutenant.

For more information or tickets, contact Information, Ticketing and Registration, 239-5614, or the Directorate of Community Activities, 239-9554.

Engineer group commander updates soldiers' families on mission

By Michael Watson
Staff Writer

Communication in the desert is not always easy — something soldiers of the 937th Engineer Group know all too well, according to Col. Marc Hildenbrand, group commander.

Mail, telephone calls and e-mail have been totally broken in theater. He said mail usually takes three weeks, and soldiers routinely spend two or three hours at the telephone just trying to dial home, often without success. While there is an e-mail terminal, most soldiers can only send e-mail once or twice a week.

"What I am saying is that if your loved one is not contacting you as regularly as you would hope, please be patient," Hildenbrand said in an e-mail home. "Most of this is totally beyond our control, and 95 percent of the soldiers in this theater are experiencing the same frustrations."

Since not all soldiers have been able to communicate with loved ones at home, Hildenbrand said he wanted everyone to know that the soldiers of the 937th Eng. Grp. are safe.

"Your loved ones and friends

who serve today in Iraq so that freedom may endure are doing great," he said. "Each of us mis-

es those we love back in t h e states, and we are hoping, praying and waiting for the day when we will

once again be with you."

The unit's return date has not yet been established.

Upon arrival in Kuwait, the unit was immediately attached to the 3rd Infantry Division (Mechanized), in preparation for an attack in Iraq. There were 2,500 soldiers performing numerous different tasks to prepare for battle.

The unit's primary mission throughout the war was to command all engineer forces that worked for the 3rd Infantry Division. On March 21, the day the ground war began, the 937th Eng. Grp. crossed the border into Iraq and was one of the first engineer units into enemy territory, according to Hildenbrand.

The soldiers' missions included constructing and upgrading hundreds of miles of roads, building

counties facilities, constructing an airfield in the middle of t h e desert, clearing e n e m y minefields, bridging the Euphrates and Tigris Rivers, controlling vehicle access points and disposing of unexploded enemy munitions, Hildenbrand said.

In the unit's move north to Baghdad, Hildenbrand said the

soldiers saw some amazing things, including days that the sky rained mud and days that the Iraqi people cheered for them as they moved north.

"At that time, we had no idea what lay in the future — including possible death — and yet every member of our team went forward into battle and did their duty with never a complaint. It was humbling to be with these extraordinary men and women."

As the initial combat portion of the war ended, the soldiers of the 937th Eng. Grp. were stationed in a secure compound in the middle of the desert with approximately 5,000 other America soldiers.

Hildenbrand said everyone is absolutely safe.

"This is where most of the company has lived since early

April and probably where we will stay until it comes time to go home. It has become quite a home for us," he said. "We have showers, our buildings are now entirely air-conditioned, we have satellite TV, refrigerators and freezers, and we have horseshoe pits and a volleyball court."

Hildenbrand said this has helped sustain morale for the soldiers as they complete their missions.

"Currently, we are overseeing all major construction that occurs in and around Baghdad," he said. "This is a huge task not only because of some of the destruction caused during the war, but also because of the neglect that occurred to facilities over the last 20 years."

To date, the group has completed well over 600 construction pro-

jects in Baghdad and will complete hundreds more before returning home, Hildenbrand said. The soldiers have repaired schools, built bridges, re-established electricity, water and sewage and built a jail to hold prisoners from the former regime.

Hildenbrand said the United States has made a positive impression on the Iraqi people while working on these projects.

"You should be proud of what your loved ones are doing to bring hope to a people who were held in what was essentially slavery for many years," he said. "America's soldiers in Baghdad are absolute heroes, and they represent the best of selfless service."

"America's soldiers in Baghdad are absolute heroes, and they represent the best of selfless service."

—Col. Marc Hildenbrand
Commander, 937th Engineer Group

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ARTS
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SUN ROCK RANCH
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Health

IACH pregnancy classes give new moms information, support

By Ryan D. Wood
Staff Writer

Pregnancy poses a host of questions for new mothers to be. How do I breast-feed? What is birth like? What can I expect for the next nine months? These questions and many others can be answered by the Women and Infant Care Center staff, Irwin Army Community Hospital. The center offers several classes and information tools for the expectant mother.

"Women and families who have attended our classes are more informed and can approach the birth of their child with reassurance that they will be well cared for," said Maj. Cassandra Blakley, certified nurse midwife and officer in charge of the obstetrics/gynecology clinic at IACH.

"Also, women who are more informed tend to be more relaxed and can enjoy the birth experience and the postpartum period more." The flow of information begins as soon as a woman thinks she may be pregnant. After making an appointment at IACH and confirming that she is pregnant, an expectant mother is invited to come to an introduction class on the OB center and everything that it offers.

"When a mom first thinks that she is pregnant, she first comes in to do a urinalysis just to make sure that 'yes you are pregnant.' Then she goes through the OB registration class offered every Tuesday morning at 8:30 a.m. at

the hospital on the 4th floor. Those classes usually run until noon. This is when the moms get their OB work started," said Maj. Susanna Itara, Medical Activity head nurse, Women and Infant Care Center.



Although some may be daunted by the amount of information and paperwork that is required, the WICC has tried to streamline the process and help new mothers wade through everything that they need to know, said Itara.

"Lots of forms and paperwork are filled out at the first class. Speakers will come and talk with them about nutrition. Someone from Tricare attends, as do representatives from some of the other services here," said Itara. "Moms are free to bring their coaches or their significant others to the class. They can ask any questions that they may have," she added.

To help simplify all of the information that is out there for

the new mother, a binder is given to each class member.

"At this point, they start the uncomplicated OB program. Mom is given a notebook that covers everything that she should expect the first trimester of pregnancy, the second and the third, from week zero to week forty. Everything is written in those books. It really outlines even what she can expect on her OB visits," said Itara.

After the introduction, classes are held regularly covering new topics and offering different speakers every week.

The second class is the prenatal class. It is offered on the third Saturday of every month, 9 a.m. - noon, on the third floor of the hospital. Mothers are encouraged to pre-register with the Tricare office, but it is not required.

"This class is where mothers are taught about the anatomy and physiology of the pregnancy. They cover labor and what to expect with that. They talk about common pregnancy discomforts, warning signs of pregnancy, how to take care of yourself and the baby and even instructions on how to take care of things once they are discharged from the hospital after the birth," said Itara.

The next class centers on breast-feeding. It is taught every third Wednesday, 1 p.m., on the third floor of the hospital. The class is taught by breast-feeding educators.

"This class is for moms that may not be so sure if they want to breast-feed and those that think

that they do want to. We encourage both of them to come to this class. We can teach them about clues, such as when babies are hungry. We teach them about lactation, breast anatomy, how to fit themselves for a bra, how the babies latch on and baby positioning," said Itara.

"Beth Gallagher, a nutritionist, comes in and talks to them about the nutritional aspects of breast feeding, how to get those extra

500 calories in and what food you should concentrate on eating, drinking plenty of fluid and stuff like that," she said.

The fourth class is pregnancy PT, for active duty soldiers. This is taught every Tuesday, 6:30 a.m., on the third floor of the hospital.

"Every Tuesday is used as a prepared childbirth class. It was made to be a part of their PT program because it is so hard for

them to get in at the other times. We teach them to be prepared for childbirth," said Itara.

Even without attending the **DU-Page** classes, nurses and other health care professionals are available 24-hours-a-day to answer questions and concerns that a mother may have. To speak with someone in the WICC or to get more information on any of the classes

IACH Briefs

Tobacco Cessation

Community Health Nursing of Irwin Army Community Hospital offers free Tobacco Cessation classes. This is a four-week program, which meets once a week and is run by trained medical professionals. Participants may choose to quit smoking without medication or healthcare providers may prescribe Zyban. Nicotine patches are also offered during the class.

For those concerned about gaining weight after kicking the tobacco habit, a dietitian teaches healthy ways to avoid weight gain. Military servicemembers, their families and DoD civilians are eligible to participate.

To register, call Community Health Nursing at 239-7323.

New OB Class

The New OB Class is held every Tuesday morning, 8:30 - 11:30 a.m., on the 4th floor of Irwin Army Community Hospital. A positive home pregnancy test is required before scheduling

your attendance of the New OB Class. Spouses, or men and women who are the support persons for the pregnant soldier or military dependent, are welcome to attend. The New OB Class is not a labor and delivery class.

To schedule your attendance of the New OB Class, call the Tricare Service Center, 784-1200 or toll-free, 1-888-874-9378.

Breast-feeding Classes

The Women and Infant Care Center of Irwin Army Community Hospital offers free classes on breast-feeding babies on the third Wednesday of each month.

A dietitian will address the nutritional requirements for breast-feeding moms and a lactation educator will talk about the advantages of breast-feeding and how to prepare for successful nursing. Classes are held in the Obstetrics classroom on the third floor, 1 - 2:30 p.m. Everyone is invited and walk-ins are welcome.

For more information, call Maj. Susanna Itara, 239-7434.

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6 x 12.5"
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Cyan Magenta Yellow Black



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Fort Riley Post

June 20, 2003

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Army racing's 'Sarge' wins big race in his hometown

Army News Service

Tony "The Sarge" Schumacher's cell phone has been quite active since his win recently at the Lucas Oil National Hot Rod Association race in his hometown of Joliet, Ill.

Among the calls from well-wishers was one he did not anticipate — from his U.S. Army Racing NASCAR teammate and friend, Jerry Nadeau.

Nadeau, who is recovering from injuries sustained in a crash more than a month ago at Richmond, watched Schu-

macher pilot his U.S. Army top fuel dragster to victory on television and just had to offer congratulations.

"It was a pleasant surprise to hear from Jerry," said Schumacher. "He sounded good."

Nadeau was released today from the Charlotte (N.C.) Institute of Rehabilitation and will continue his recovery as an outpatient at CIR, officials said, with a current rehabilitation schedule of five days per week.

Nadeau's substitute driver for the No. 01 U.S. Army Pontiac, Mike Wallace, had a top-20 finish June 1 in the MBNA

Armed Forces Family 400 at Dover International Speedway in Dover, Del.

Wallace, after jumping a restart, fought back to finish 19th in only his second point race for MB2 Motorsports/U.S. Army Racing.

"The Sarge" won the Lucas Oil Route 66 Nationals June 1 by beating the reigning POWERADE champion, Larry Dixon, with a pass of 4.530-seconds to Dixon's 4.615-seconds at 321.50 mph.

"I can't put into words right now what I am feeling," said Schumacher. "To win here in hometown is awesome."

This win for the U.S. Army team

washed away past demons for the team in Joliet, Ill. In the last four races, "The Sarge" has gone out in the first round there in both the spring and fall races.

"It feels like I finally got this monkey off my back here," said the 1999 Top Fuel Champion Schumacher. "With this being my hometown and home-track, I've wanted to do good here every time out, but for some reason, it just didn't happen for us."

With this win, Schumacher moves from 10th in the points standings, to eighth, seven points behind the seventh-place Doug Herbert.

"It took 10 other guys on this team to do this; this U.S. Army Team is truly an Army of One," said Schumacher.

Schumacher and Nadeau became fast friends shortly after the latter was named to drive the U.S. Army Pontiac in NASCAR's Winston Cup Series. The pair spent a week together traveling around Afghanistan and Kuwait visiting the troops.

"We became close during that trip," said Schumacher. "I look forward to the day we can do something like that again..."

Biologists work hard to protect environment

By Michael Watson

Staff writer

Wildlife biologists have one of the largest offices at Fort Riley — more than 100,000 contiguous acres of tall grass prairie.



Gibran Suleiman, threatened and endangered species biologist, prepares his net for seining. In the last year, there were two seining expeditions to count the number of fish in the streams on post.

Gibran Suleiman, Fort Riley threatened and endangered species biologist, said he spends a lot of time indoors working on a computer, but a fair amount of his time is spent in the field.

"There is no better office than the out-

doors, especially at Fort Riley," he said. "The tall grass prairie is one of the most endangered ecosystems in North America. There is more wildlife here than any other area in Kansas because of its large, contiguous size and the management we do. Due to its large size, the fish and wildlife staff stays plenty busy. 'What I do on the fort is just a fraction of the workload done by the staff of the fish and wildlife section. The staff that manages our game species and ponds does a tremendous amount of work. They really work their tails off,'" he said.

Fort Riley is a part-time home to 223 species of birds, at least 42 species of reptiles and amphibians, 50 species of fish and at least 43 species of mammals.

Some of those are endangered species, Suleiman said.

"My main responsibility is to keep the post in compliance with the Endangered Species Act, by advising the installation on ways to minimize its impacts on listed species."

Therefore, when the installation undergoes some type of construction, the Conservation Division looks at the habitat that would be affected. If the area happens to be home to a threatened or endangered species, the Conservation Division would write up a biological assessment on how to minimize the impacts.

One of the endangered species that is monitored is the bald eagle.

Fort Riley has one of the largest winter-time roosts for bald eagles in the nation, with more than 200 bald eagles annually, Suleiman said. Three or four years ago, there were 300 to 400 eagles located in one roost.

"One of my jobs is to help count them so we can monitor their migration. They are only here for the winter, from about Oct. 15 to March 15," he said. "We also have to make sure that they are not disturbed because of noise. If there is a project near the roost, we find out if it is a project that can be put on hold. If it can't wait, then we advise the project's proponent on the best time to do the work."

Another endangered species, the Topeka Shiner, is alive and well at Fort Riley. Sev-

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Infantry plays first game of season, wins

By Ryan D. Wood

Staff writer

After a late start to the season due to deployments and a new playing surface on the playing fields, the softball season is under way with a vengeance. In their first game of the season, 1st Battalion, 16th Infantry came out to

show the 4th Finance squad that starting late doesn't mean starting slow.

The masters of the mound showed the papas of payroll who was boss in a 6-1 victory Monday night at the post softball complex.

Having recently been part of the Quick Reaction Force, the Infantry team missed four preseason games. Even so, they were undaunted in their drive for the win. The 4th Finance squad came into the game with four games under their belt, and a 2-2 record. Each team came in feeling they had a lot to prove against tough opposition.

The game started slowly, with each team feeling out the opponent's styles. Infantry batted first, showing some first game jitters and stranding their only hit on first.

Finance showed some early

spark, punching out two quick singles to start out the bottom of the first. Infantry put the brakes on the rally though, with a 5-3 double play. Finance's hopes of an early run were downed with a line drive directly into the pitchers' mitt to close out the first inning.

The second inning was all Infantry, as they put on a high-flying hitting display for

Finance's squad. With runners on 1st and 2nd, Infantry popped a fly ball out to right field.

Finance took a hit when the fielder failed to get to the play and allowed the first run of the game. The

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Post/Wood

Nick Rossman, 1st Bn., 16th Inf., pounds a line drive.

Post/Wood

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Nick Rossman, 1st Bn., 16th Inf., pounds a line drive.

See Softball Page 14

Fort Riley has its share of biting insects, itch-causing plants, scary snakes

By Gibran Suleiman

DES Biologist

Whether you are a soldier completing field exercises or fishing one of the fort's many ponds, there are some basic precautions you should take when being outdoors. Anybody that ventures out into the grassland and woodland areas on Fort Riley in the spring or summer will soon realize that an ample population of ticks, chiggers and mosquitoes are out there.

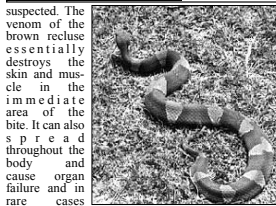
For the most part, mosquitoes and chiggers are an itchy nuisance and some mosquitoes in Kansas have been known to carry West Nile Virus. Trying to avoid mosquito bites is one of the most effective methods of prevention. Insect repellents containing DEET or permethrin helps to reduce bites. Protective clothing can also help. Some outdoorsmen claim that by taking B complex vitamins, you can reduce the number of chigger bites you get.

Tick bites on Fort Riley can spread several diseases. Rocky Mountain spotted fever, Lyme disease, tularemia and ehrlichiosis are most commonly associated

with tick bites, but other diseases do exist. Use of a permethrin-based spray is one of the most effective preventive measures one can take for preventing tick borne diseases. Frequent inspections of clothing and removal of ticks are good preventive measures. When arriving home, a visual inspection of the entire skin surface and removal of any ticks is recommended. Ticks typically need to be attached for around 24 hours before any diseases can be transmitted to humans.

The brown recluse poses the greatest threat to people in this area. Brown recluses are extremely common in office buildings and houses. As the name implies they like to stay in out of the way places. Garages, attics and storage areas are all prime places to find this spider. Control of the spider in buildings consists of using aerosol sprays and traps. It is important to shake out things like shoes, fishing waders and blankets that have been sitting idle for a period of time before putting them on. Many people who are bitten by this spider do not realize it right away. However, it is very important to seek medical attention as soon as any spider bite is

On the Wildside: News About Nature



Although not found on Fort Riley yet, copperheads are relatively common and are most often found on brushy, rocky hillsides that descend into areas with trees.

Fort Riley has not had any snakes documented within its boundary that are considered deadly. The copperhead is the only snake that has been found on

the fort that is venomous. Copperheads are relatively common, and are most often found on brushy, rocky hillsides that descend into trees.

Copperheads are relatively docile snakes and are very well camouflaged. The majority of copperhead bites are either on the hand or ankle, indicating that the victim was harassing the snake or stepped on it. Anyone who is bitten by a copperhead should seek immediate medical treatment in a calm fashion. Although the bite is painful, there have not been any fatalities reported in the state of Kansas

from a copperhead bite. Timber rattlesnakes and massasauga rattlesnakes have been found in areas surrounding Fort Riley, but have not been documented on the fort. The bite of a rattlesnake can prove fatal, but death is extremely rare. There has only been one fatality in Kansas from a rattlesnake bite in the last 55 years. Timber rattlesnakes have a rather docile temperament and only bite when provoked. They are extremely well camouflaged and rarely rattle when being approached.

There are many common species of non-venomous snakes on the fort. They pose little to no threat or concern to soldiers training or people recreating. Snakes such as the bullsnake and the black ratsnake have large ranges and commonly occur in urban settings such as the housing areas on Fort Riley. Although this generally stirs up plenty of excitement among local residents, these snakes pose little harm to anything larger than a rabbit.

Poison ivy and stinging nettle are the two main plants on Fort Riley that can cause irritation to the skin. Poison ivy can be found in a wide variety of settings, and

can even be found in many yards. It is extremely common in woodlands. Individuals tend to react differently to the irritating oil that comes from this plant. Some people show no reaction to high levels of exposure, while others have extreme reactions to the slightest exposure. It also appears that these different levels of tolerance actually change throughout a person's life. A person that has never had a reaction might suddenly have a very serious reaction. There are commercially available washes that neutralize the oils from poison ivy within the first few hours of exposure.

Stinging nettle produces a short term "pins and needles" stinging sensation that typically lasts only five minutes. Nettles are almost always found within the flood plain of creeks and rivers. Heavy clothing offers some protection, but the plant is able to still sting through light clothing.

Fort Riley offers many exceptional outdoor recreational opportunities for people to enjoy. Armed with a little knowledge and some preparation, soldiers and outdoorsmen/women can be comfortable and stay safe.

Kansas Koyotes offer indoor excitement

By Dan Murphy
129th MPAD

There is no question that this is fast-paced, high-scoring, hard-hitting football. What you may not know is that with indoor football the action unfolds right in front of you.

The American Professional Football League is a four-team regional league that begins mid-April and ends in June. Teams are situated throughout the mid-west, with many players coming from the area where the teams are located. One of the teams in the league is the Kansas Koyotes, located in Topeka.

The Koyotes have not had an indoor football team in Topeka for three years.

"This is a building year to show the football fans in this area what we have to offer," said Ollie Guidry, co-head football coach. Guidry has coached at all levels, including a stint with the Seattle Seahawks in the National Football League.

"Most of the talent pool is from the Topeka area, and it has been a

successful season so far," he said. The Koyotes have won all seven games they have played this season.

"These guys play for the love of the game. It is all about X's and O's, playing football and enjoying what they are doing on and off the field."

Jay Dodder, a wide receiver for the Koyotes, emphasized that this is a quick game.



Jay Dodder, wide receiver with the Koyotes, catches a pass for big yards against the St. Joseph Explorers.

"It (the game) doesn't leave much room for mistakes," said Dodder.

The game itself is similar to the NFL, except the teams play on a 50-yard field and there is no punting, so you must try a field goal through small uprights or go for it on 4th down. To further add to the excitement of the game, the receivers are allowed to be in motion prior to the snap of the

ball and linebackers must signal if they are going to blitz.

"Sometimes they (the receivers) have a 10-yard head start once the ball is snapped," said Clint Floyd, free safety for the Koyotes. "The speed of the game is a big difference from regular football on a regulation size football field."

Ralph Adams, general manager and primary owner, said the fast-paced game, dancing, music and the fact that audiences are right in the action, make indoor football great entertainment.

The season will culminate with a championship game held July 12. The team with the best regular season record will host the championship. The league is currently comprised of three teams, although the Koyotes have played non-conference games.

"This year we are proving we have the talent comparable to other leagues," said Guidry. "Our goal is to continue to move up in the levels of indoor football."

"If you come out to watch a game, you are really going to enjoy it," he said.

Cooking outside brings hazards to summer

Fort Riley Fire Department

Now that school is out, everyone is looking toward the summer with excitement and dreams of family fun, sun and relaxation. But summer also poses special fire hazards for you and your family. Summer should be a time to have fun, and following a few fire safety tips will protect you and your loved ones and ensure you have a safe summer.

"Almost all fires can be traced to a failure of either equipment or human behavior," said John Boyd, post fire chief. "Most fires are the result of some failing to take reasonable precautions that eventually led to the fire," he said. "This is especially critical since everyone is now cooking outdoors, operating mowers and trimmers, and working with gasoline, paint thinners and other flammable materials," said Boyd.

"Last year on Fort Riley we experienced two house fires directly related to outside cooking and barbecuing," said Boyd.

A BBQ grill, just like a car or truck, needs to have regular preventative maintenance performed to ensure it will operate properly.

"A loose valve or connection that leaks gas will catch fire and put you and your whole family at risk. One of our two BBQ fires last year was the result of a loose gas line," said Boyd. The fire damaged the family's quarters.

The best way to check your

BBQ's gas system is by turning the bottle on and squirting soapy water over all of the connection points. The bubbles created by the escaping gas will identify any leaks, Boyd said. If leaks are found, shut off the gas and have the unit repaired by qualified personnel. Treat propane with respect, because it's very easy to ignite, he said. All it needs is a static spark, electrical arc, or other source of ignition.

Charcoal barbecues also pose risks to your family's safety and should be used with caution. You should use only an approved charcoal grill starter fluid. Do not use gasoline. Store the starter fluid in a safe place that is not accessible to children. Special childproof caps are available at your local dealer. It is best to use solid fuel fire starters or electrical fire starters, Boyd said.

You should keep the barbecue area free of twigs, dried leaves and paper products and place a

charcoal barbecue in a well-ventilated area, because poisonous gases, especially carbon monoxide, are released from burning charcoal briquettes.

After you finish cooking, you should soak the coals with water to prevent their re-ignition and to ensure the fire is thoroughly



extinguished before disposing. Live coals or hot embers can start a fire, he extremely cautious, Boyd said. The safest place for

charcoal is in the barbecue grill with the lid closed. Barbecue grills with solid fuel (charcoal or wood) are not permitted on balconies of buildings, Boyd said.

Fireworks are another summer fire hazard. For a safe and exciting Independence Day celebration, you should consider attending one of the professional fireworks displays sponsored by local municipality, Boyd said. Public fireworks displays are

safer because professionals carefully plan and run the displays, he said. "Not only is your local official fireworks display safer than doing it yourself, it's also far more spectacular than anything you could do in the backyard," said Lt. Col. Wesley Anderson, director, Public Works. Personal fireworks are not authorized on Fort Riley. Fireworks are a safety hazard, as there is always a danger that no amount of care can eliminate, Anderson said. Fireworks are designed to burn and explode, and lack of respect for these explosives are a major cause of injuries. Every year individuals using fireworks cause injuries, many serious enough to require medical treatment. Many people have been burned, blinded or lost fingers and hands due to fireworks. Even at professional displays, certain cautions are in order. "If you're close enough to see what the experts are up to, you're close enough to be injured if they make a mistake," said Boyd. "Fireworks are dangerous...too dangerous to use yourself. Enjoy a safe Independence Day at a festive, well-run display operated by experienced professionals using name-brand, commercial grade fireworks."

For further information on summer fire safety or other fire safety topics, contact the Fort Riley Fire Department, 239-4257.

Softball

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started to feel the hurt of getting too far behind in a time shortened game.

Coach Andrew Miller of 4th Finance knew his team needed a lift, and he spoke about what it would take to get them out of the hole.

"We've got to start putting our bats together. We're getting our base runners, but we are not capitalizing. We've got to get those sticks alive because it's not looking good for us right now," he said.

Holding the lead and getting the hits didn't seem good enough for Infantry Coach Gary Collins. Even with the two run lead, he pushed his team to keep rolling.

"We still need to score. We need to get our bats going," said

Collins. "We've been slow on our bats. We should have had a bigger score than this, but our defense is looking good. We just need to maintain our defense and sustain."

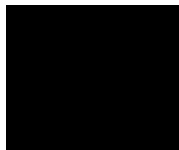
Pitching became the main problem for the Infantry squad, with Finance placing a lot of runners on base through walks. In a show of trust, Collins decided not to pull the pitcher. Instead, he rode out the early season jitters, and by the seventh inning Finance wasn't getting the gimmies any more.

"You know it's just the first game of the season. You got to settle down. He (the pitcher) has got to get in his groove," said Collins. "We've got some other pitchers, so we're not really worried, but we know that we can get

the ball over. We just want to give them something that they can hit. If we can give them something to hit, they'll want to hit and they'll make some mistakes. Then, we let our defense do the rest."

Despite the pitching problems, Infantry was able to knock out three more runs before the end of the seventh inning. Finance knocked in one run to keep the game from being a shut out, but the Infantry squad had a tough defense that just wouldn't allow the comeback.

"My only secret," said Collins, "is I'm trying to keep my players fresh, and that way I've got a new team to present. We've got a pretty good team, and if we keep showing up, I think that we're good to go."



LILACS ON THE PRAIRIE
1 x 4"
Black Only
1st Lilacs on the 6/8-15th

Biologists

continued from page 13

eral years ago there were not very many of these fish on post, but the numbers have increased in the past few years.

The U.S. Fish and Wildlife Service recently proposed to designate critical habitat status for the

small fish in 186 stream segments in Kansas, Iowa, Minnesota, Nebraska and South Dakota. But because of management plans already in place at Fort Riley to protect the species, the Service did not propose to designate it as

a critical habitat site. It is one of only two entities to receive the proposed exemption.

For more information on Fort Riley wildlife, call the Conservation Division, 239-6211.

KANSAS PRESS
2 x 2"
Black Only
wet. basement/6-17 & 6-20,6/18

COLLEGE HEIGHTS BAPTIST CHURCH
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5/16cnd/27pc college heights

Cyan Magenta Yellow Black

ITR

The Information, Ticketing and Registration office is located in building 6918 (across from the PX). ITR hours of operation are Monday - Friday 10 a.m. - 6 p.m., Saturday 9 a.m. - 2 p.m. and the office is closed on Federal holidays. For further information, call ITR, 239-5614 or 239-4415.

ITR services and discount attraction tickets are available to active duty military, retirees, National Guard soldiers, reservists, Department of Army civilians and family members.

Union Station

Union Station in Kansas City has 'Bugs' in 3D, a movie about bugs starting real bugs. It is a bug's eye-view of the fascinating universe of insects magnified up to 250,000 times its normal size and in 3D on the giant screen. The movie focuses on the life cycles of a praying mantis and a butterfly from their birth to their inevitable encounter in the tropical rainforests of Southeast Asia where predator meets prey. Bugs is recommended for ages 8 and up.

Other fun bug events include watching the bug artist at work; joining in kid activities and viewing bug specimens from local institutions.

Science City and Union Station

combo tickets are available through ITR.

Colonial Williamsburg

At Colonial Williamsburg, the restored capitol of 18th-century Virginia, they work each day to bring the nation's cultural and historical legacy to life. But during the 2003 "Honoring Service to America's Veterans" tribute, they also want to proudly recognize the men and women who work so hard to protect the American way of life today.

If you are active-duty, retired or Reserve military personnel, you and your family are invited to visit Colonial Williamsburg on two patriotic holiday weekends, Independence Day, July 4-6, and Veterans Day, Nov. 7-9. You can receive complimentary admission to the historic area and museums. Come and be inspired by all the sights, sounds, tastes and experiences that gave birth to the nation.

For more details on admission and specially discounted hotel stay, call (800)-History or go to www.colonialwilliamsburg.com

Wet'n Wild Orlando

Operation: Get Wet! at Wet'n Wild, Orlando, offers a free one-day admission to active duty,

reservists and National Guard members and 50 percent off regular gate admission for up to four accompanying family and friends. Tickets are available at the gate only. For additional information, call (800) 992-WILD or go to www.wetnwildorlando.com

Kansas Cosmosphere and Space Center

Located in Hutchinson, the Cosmosphere is quickly becoming the most comprehensive space museum in the world. It is not what you would expect to find on the open prairies of Kansas, and that's the point exactly. From the jaw-dropping Hall of Space Museum to the million-dollar multimedia Planetarium, the Cosmosphere is an all-day, all ages adventure.

Discounts available through ITR.

Worlds of Fun

Worlds of Fun, Kansas City, will leave you screaming for more. Worlds of fun is now open for the season with a "Spring Special" discounted ticket through ITR. Hurry, because the special discount ends June 30.

As you make your way through 175 acres of excitement and fami-

ly entertainment, you're sure to find that Worlds of Fun will always leave you screaming for more. Those looking for intense thrills will be sure to head to the world-famous Mamba and Boomerang roller coasters. After going 75 miles per hour on one coaster, then riding through another completely backwards, you'll learn the real meaning of "Open up and say AAAAAHH!"

Straight out of the pages of the world-famous comic strip, everybody's favorite beagle and his friends are hosting an exciting collection of family rides and attractions at Camp Snoopy. Worlds of Fun's family play land, Camp Snoopy is over one acre and home to rides and attractions designed especially for families.

Oceans of Fun

Oceans of Fun is located next to Worlds of Fun. Guests of Oceans of Fun will be surrounded by the tropical excitement of Paradise Falls, debuting this year. Paradise Falls brings increased playability to the 60-acre water park. You won't be able to miss the 1,000-gallon bucket located at the top of the water playhouse. Every five minutes the bucket fills and empties, and water gushes on anyone and everyone below. Paradise Falls is overflowing with

fun for children of all ages and is sure to keep everyone busy and soaking wet for hours. Discount tickets available through ITR.

Six Flags Over Texas

Staying true to its promise to mark its 40th anniversary, Six Flags officials announced a Texas-size expansion of its family and children's section featuring major new rides and attractions. This coincides with the mounting excitement over their newest addition to the power-packed thrill arsenal, the mighty Titan extreme.

Summer special tickets are now available for only \$20. That is a 50 percent savings. Today is the last day to purchase the special discounted tickets. Those tickets can be used through July 31.

Country Stampede

Have you ever attended a party with thousands of friends, national recording artists in four days of non-stop music and fun? Country Stampede is a four-day country music and camping festival starting Thursday at Tuttle Creek State Park, Manhattan. Performers will include Kenny Chesney, Martina McBride, Chris LeDoux, Sawyer

Brown and many more.

There will also be fantastic food, colorful crafts and much more! Tickets are available through ITR.

Silver Dollar City

Silver Dollar City, Branson, Mo., is having Military Days through Oct. 26. You can purchase a discounted two-day adult ticket through ITR and get a complimentary child's ticket by showing your pre-purchased tickets at the Silver Dollar City ticket booth.

Let ITR put together a Branson package for a weekend get-a-way or family vacation. Discount tickets available to numerous attractions in Branson.

Cruise Packaging

Authorized patrons can start taking advantage of special military discounts and bargain cruises. Stop by ITR and pick up brochures or call 239-5614 and make an appointment with the cruise counselor.

Army run kicks off birthday

By Dennis Ryan

Army News Service

The Army kicked off its 228th birthday celebration with a run at Fort Myer, Va., June 10, with more than 1,000 soldiers led by Sgt. Major of the Army Jack Tilley.

Tilley led a group of top enlisted soldiers from all major Army commands around the 3.5-mile course that included Arlington National Cemetery. The sergeants major were joined by Rhode Island Senator Jack Reed, Georgia Congressman Jack Kingston and the Army headquarters staff for the run and a tribute to soldiers killed in battle.

The politicians and Tilley began the morning with some pushups before setting off to the tunes of the Army Band. Tilley did his drill instructor best to urge the two politicians to complete their physical training. Reed is a West Point graduate and former 82nd Airborne officer.

Tilley called up retiring soldiers to the front ranks of the formation after the run to help him lead the troops in the Army song. "[The run's] about everybody that came before us," Tilley said. "It went great. It's about remembering our fallen comrades. It was a great day for the Army."

Chief of Chaplains Maj. Gen. Gaylord T. Gunhus closed the proceedings with a few words and a prayer after being one of the run's leaders.

"I'll retire in July after forty years of this crazy stuff," Gunhus said. "It's absolutely my last run as an Army chaplain. I couldn't think of a better place to do it."

The formation stopped during the cemetery segment and turned and symbolically faced the Tomb of the Unknowns.

Capt. Marcia Muirhead wasn't used to running in formation.

"It was great," Muirhead said. "I haven't done this in a long time. Formation runs can be challenging, because of the change of pace. It was nice getting all the folks together."

Stephen Haaga, a legislative assistant to Maine Senator Olympia Snowe, was another civilian running.

"I haven't run in a formation in a long time," Haaga said. "I was a soldier 25 years ago with the 7th Corps."

Sgt. 1st Class Jeffrey Anouilh completed his third consecutive Army Run and said "It was fantastic. It's a solemn feeling. You get a lump in your throat when you look around and see all the gardens of stone."

"This is my last one," Anouilh said, but added that he'll be coming back as a civilian. "As long as there is an Army Run, I'll be there."

ADVANTAGE COMPUTER SOLUTIONS

2x2
Black Only
adv. comp. TF

KANSAS WIRELESS

2x5
Black Only
2x5, JUNE KANSAS WIRELESS

SET
2x5.5"
Black Only
June times

ED SCHRAM DODGE
3x14"
Other Color
June deals FULL COLOR